

THEY HAVE 'BONES' TO PICK WITH YOU

BOREANAZ AND DESCHANEL TALK FINALES AND FUTURES. PAGES 28-29

metro

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Monday, May 12, 2014 www.metro.us | t: MetroNewYork | f: MetroNewYork



Style to spare. Bronx Councilman Andy King has made a reputation among his peers at City Hall for his stylish attire and vibrant clothing. **Snazzy.** He talks with Metro about fashion and how clothes do make the man. PAGE 02

Council couture

Rogen on becoming a dad again (in a movie)

PAGE 25

Students, don't just throw that fridge away!

PAGES 20-21

Rangers win forces decisive Game 7

PAGE 36



Bronx council member Andy King is known for his dapper dress and stylish bow ties. / BESS ADLER, METRO

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BESS ADLER, METRO



The New York City Council is not a particularly colorful bunch, at least in the sartorial sense. But among the black, grey and white attire at City Hall, Bronx Councilman Andy

Do you usually plan out your outfits?

Most of the time I try to prep myself the night before for the day. ... Sometimes I wake up in the morning and say, 'Hey,

ANDY KING

In the somber gray and black dress of City Hall politicians, Councilman Andy King stands out for his colorful clothing and signature bow ties.

CITY COUNCIL'S KING OF STYLE



King stands out. Since his election to represent parts of the northeast Bronx in 2012, the 51-year-old has gained a reputation for his bow ties and vibrant clothing. Metro spoke with King about his fashion sense, style icons and extensive bow tie collection.

How would you describe your style?

It's unique and it tells the person who I am — from being joyous, being happy, being loving and caring. My dad taught me when you feel good about the way you dress, you feel really good about yourself.

You've never felt self-conscious in bright clothing?

I've been in work environments where we have this cookie-cutter approach ... the dark suit and the white shirt and the yellow tie. ... That look works, but for me, I like the day to be exciting. I like the day to put a smile on people's face.

I'm feeling like this, let's give the people that.'

How much money do you spend on clothing?

I'm very frugal. One of the things about fashion, it's not about how much it costs, it's how you combine it, and how you wear it. Not everybody can wear everything. It can be \$400 but it may look like you on you as opposed to something that's \$22 and looks like it's \$400. ... I try to be educated when I shop.

How do you decide what to buy?

I don't want to walk down the street and walk into somebody who I'm dressed just like, and they look just like me. ... I love polka dots. But I love stripes also. I just love designs.

How many bow ties do you own?

Oh, that's a good question. It might be somewhere in



Clothes make the man

"[If you're] walking around in shoes and a nice suit and tie, you're going to act differently than if you had on sneakers and your pants were falling down."

King

the range of about 80.

Where do you keep all those bow ties?

I have to keep them in a location in my makeshift closet that I have for them. So they are laid out in a bin. They are strategically laid out by colors.

Do you have any

style icons?

My grandfather wore bow ties. ... I appreciate that era, going back in time, where gentlemen were gentlemen and they dressed like gentlemen.

What do you think about the popular fashions of today?

I'll put it this way: I like a fashion statement to depict the person, and not every fashion says that is who you are. You might just be wearing it because it's the style and you're just totally opposite of what you got on — your behavior, things that come out of your mouth.

Do your constituents ever recognize you for the bow ties?

It has become my signa-

ture mark. If I'm out and I don't have a bow tie on, they're like, 'What's wrong, council member? [Are] you OK?' So, even on a Saturday I throw on a pair of jeans, sometimes I'll throw on a bow tie. ... I appreciate the love I receive, just on that.

What do you think of the other council members' clothing?

Politicians ... we kind of take on the persona of how not to look — not too flashy, but not looking so conservative — but as we learn that, we kind of put ourselves in a box. But a lot of my colleagues wear nice suits.

ANNA SANDERS
@AnnaESanders
anna.sanders@metro.us

Unidentified. 9/11 attack victims' remains moved to Ground Zero

The unidentified remains of those killed in the Sept. 11, 2001 attack on the World Trade Center were moved into a repository in Ground Zero on Saturday after a procession through Manhattan.

The 7,930 fragmentary remains were escorted by fire, police and Port Authority vehicles with flashing lights and no

sirens from a Manhattan forensics lab to the repository at the site of the National September 11 Memorial & Museum.

The repository will be under the care of the city's chief medical examiner, whose office will continue to match the fragments to the more than 1,000 victims of the attacks that haven't had any remains

identified.

The repository is sealed off from exhibition areas by a wall and will only be accessible to the medical examiner's staff and family members of the victims.

Some family members of those killed in the attacks protested, saying it was wrong to store the remains what is a essentially a tourist site. **REUTERS**



More than 1,000 victims of the Sept. 11 attack haven't had their remains identified. / GETTY IMAGE S

1 NEWS



Today's tweet

"I think the entire country of France got together and booked a group trip to New York City because all I hear is French today."

@anowitz

Top 3

What's trending online at Metro.us

1 'New Jersey Boy Scouts rescue Ann Curry after broken ankle'

2 'Tracy McGrady less than stellar in baseball pitching debut'

3 'Michelle Obama 'outraged' over Nigerian schoolgirls' kidnapping'

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■ **I was skeptical.** I bought a box and it worked as advertised. Within a week I had relief. *Howard Toy, 69, Henderson, NV* ■ **It's heaven to sleep through the night.** For many years I had 6-7 sleep interruptions every night. Had urgent trips to the bathroom day and night with discomforts. I enjoy my new life. *Angus Pike, Oshawa, ON*

■ **I am truly amazed and relieved.** After 2 weeks I no longer have to get up during the night. I'm enjoying a normal sex life again. I hope a lot of men with a prostate issue give this tea a shot. It's difficult to express how delighted I am. *Clarence A. Rehrig, 58, Allentown, PA* ■ **Know the truth.** This is my third year of drinking the Ezee Flow Tea. I highly recommend it. A real life saver. *Thomas M. Thurston, Forsyth, GA* ■ **Women** suffering with incontinence, UTIs ask for Bladder Control Tea for Women #4b. Guaranteed relief within days. **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**



#26

■ **Bell Blood Pressure Formulation helped me feel great.** Thank you for this wonderful product. *William Oliver, Portsmouth, VA* ■ **I have been taking Bell #26 now for one year.** My mom and brother started taking it as well. Even my pastor is on it now. Thanks! *Mary Earl, Longview, TX* ■ **I started to take Bell Blood Pressure Formulation #26.** After about 30 days my blood pressure was normal. My doctor was very happy with me. *Irene Surridge, 67, Owen Sound, ON* ■ **A friend recommended Bell BP Formulation!** When a friend had good results I decided to try it. After taking Bell Blood Pressure Formulation #26. It made a difference in my life. *Milton Perdomo, 68, Rego Park, NY* **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**

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■ **Last couple of years I tried everything.** Results with Bell Skin Disorders #60 were unbelievable. I have beautiful skin again. Thanks for giving back my self-esteem. *Nelisa Royer, 28, Doral, FL* ■ **My mom bought Bell #60.** I was skeptical. It did work quickly and better than anything else. *Christopher Seraphin, 14, Brooklyn, NY* ■ **It worked.** I no longer have to hide at home, because I was ashamed to be seen. *Agnes Casillas, 60, New York, NY* ■ **Can wear again dresses** that are backless. My skin looks fantastic. Thank you from the bottom of my heart. *Yvette Maclean, 40, Lodi, CA* ■ **I was trying everything for years** and nothing worked. I felt physical and emotional pain having to hide. Finally I found your Bell #60. I'm so grateful and impressed about how fast it worked with amazing results. *Eulalia Isabel Sanchez Martin, 30, Brampton, ON* **Skeptics can call everybody. All are real people like you or your friends.**



#23

SNORING?

As recommended by Dr. Gifford-Jones M. D.

Here is proof that snoring can be corrupting your health and your marriage. Three out of 10 couples are considering divorce because of snoring says a major magazine article. You are not alone! An official survey says 48% of all people snore. 75% are affected, if you add non-snoring husbands that have snoring wives or vice versa. Snoring is caused by slack muscles in the throat. A common complaint is that people feel that they are not well rested in the morning. Many people wrote they are now sleeping like a babies. Their partners are delighted. This natural health product Sound Sleep #23 usually helps the first night. No side effects.

■ **College professor had lack of good sleeps with many interruptions** for last 8 years that made her tired during the day. Within 3 days taking Bell Sound Sleep #23 the terrible snoring stopped. I wake up feeling refreshed and energized. I can concentrate in a focused, happy manner. I feel delighted with this natural product. *Dr. Anele E. Heiges, 77, New York, NY* ■ **A life changing product.** The very first night I took the capsules and every night after I had a restful and wonderful sleep. It has been a God send and blessing. I am by nature a skeptic. The money-back guarantee convinced me to try it. *Jimmy Pay, 53, Gardendale, AC* ■ **3 Years on Bell Sound Sleep #23.** My wife and I are entirely satisfied. Snoring episodes have completely disappeared. This has improved our lives enormously. *Leo Fortin, 60, St-Georges, QC* ■ **Basically you saved my husband's life.** For the last 5 years my husband had very bad nights. Bell #23 was nothing short of a miracle. I have my husband back. No more snoring. No more napping during the day. I am telling all our friends. *Bonnie Johnson, 64, Wichita, KS* ■ **My life changed. Sleep now 7-8 hours.** I am a retired college professor and author of books. I have no more need to nap during the day. Nothing I tried helped until I started Bell Sound Sleep. I am so delighted with this product I would like to make motivational speeches to help others. *Carmen V. Caruso, 66, Ann Arbor, MI* **On the Bell Website we list phone numbers or email addresses of actual users of this product and all other Bell products. Most are delighted to talk about their relief.**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Police hunt for robbery suspect with hammer

Headache. The suspect reportedly hits his victims in the head with a hammer before stealing from them.

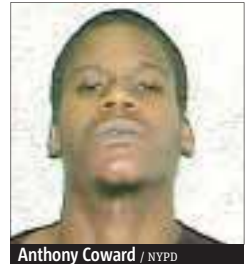
The NYPD is searching for Anthony Coward, 28, who is accused of robbing three people over a four-day period last week in Queens. He struck each victim on the head with a hammer before making off with their valuables, cops said.

The first incident took place at 11 a.m. on May 4 at the Rockaway Avenue subway station on Fulton Street. After the suspect at-

tacked him and fled with his wallet, the victim, a 23-year-old man, was treated at Brookdale Hospital and released.

The following morning, on Monday of last week, a 26-year-old woman was outside in Briarwood when the suspect allegedly struck her with the hammer and fled with her handbag. The woman was taken to Jamaica Hospital.

He reportedly struck again at the Rockaway Avenue station Wednesday, police said, attacking a 32-year-old man who was purchasing a MetroCard. He fled after the man handed over money. The victim was treated for a head injury at Brookdale Hospital and released.



Anthony Coward / NYPD

Got info?

Anyone with information as to Coward's whereabouts can call 1-800-577-TIPS.

EMILY JOHNSON
@metroneoyork
letters@metro.us



Japan Day takes a bow at Central Park

New Yorkers turned out to the Naumburg Bandshell in Central Park on Sunday to celebrate Japanese culture as part of Japan Day 2014. Among the events that took place were folk dancing, drumming, calligraphy and Kabuki face painting. There was also a fashion show and performances by Japanese pop singers and musicians. / MILES DIXON, METRO

Politics

Cahill to challenge Schneiderman

Republican John Cahill, who served as chief of staff for former Governor George Pataki, on Sunday announced his bid to challenge incumbent Democrat Eric Schneiderman as Attorney General.

Speaking in his hometown of Yonkers, Cahill promised to defend charter schools and to tap into the state's natural gas reserves with hydrofracking.

He said Schneiderman saw his role as "little more than a political stepping stone to the Governor's Mansion."

"Recently here in New

York we have seen the AG serve not as the Attorney General but rather as the 'Aspiring Governor,'" Cahill said. "We see that this leads to decisions based on the special interests, political interests and self-interests of the Attorney General rather than what is in the best interests of the people of New York." **EMILY JOHNSON**

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Spy. Cops recruiting Muslim informants in New York City: Report

New York City police have been recruiting immigrants, most of them Muslims, in the years following the attacks of Sept. 11, 2001, to act as informants eavesdropping in cafes, restaurants and mosques, The New York Times reported on Sunday.

Citing documents it had obtained and interviews with former and senior police officials, the newspaper said the department had sought to enlist the help of immigrants such as a food cart vendor from Afghanistan, an Egyptian-born limousine driver and an accounting student from Pakistan, most of whom were arrested for minor infractions.

Detectives working for a unit known as the Citywide Debriefing Team conducted 220 such interviews in the first quarter of this year, the Times

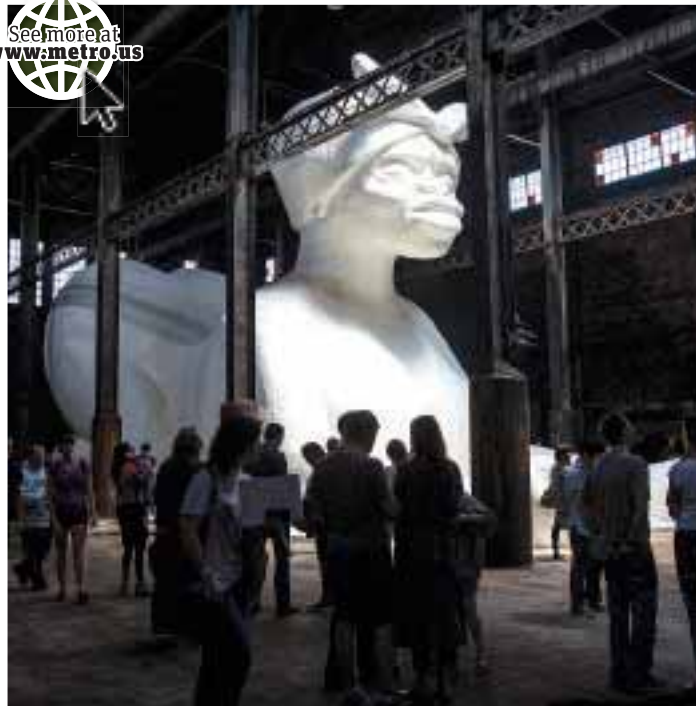
Need for information

John Miller, the deputy commissioner in charge of the Intelligence division, said the Debriefing Team emerged from an urgent need for counterterrorism sources following the Sept. 11 attacks, the Times said.

- The newspaper said many Muslim immigrants had said they felt as though they had little choice but to cooperate.

said, citing police officials, and conducted many hundreds of interviews in other years.

Police officials described the interviews to the Times as voluntary, but the paper said several Muslim immigrants it spoke to felt shaken by the encounters. **REUTERS**



Sugary sphinx takes center stage

Artist Kara Walker's "A Subtlety," a 75-foot-long and 35-foot-tall sphinx made in part from bleached sugar, will be displayed at the former Domino Sugar Refinery in Williamsburg through July 6. The statue was unveiled on Saturday and pays homage to the factory's former use and to sugar cane workers. / GETTY IMAGES

In Brooklyn

No foul play suspected in death of designer

Police do not suspect foul play in the death of Brooklyn fashion designer James Ott, whose body was recovered Thursday from New York Harbor. The autopsy is pending further investigation, the medical examiner's office said.

Friends of Ott, who had been missing since March 23, plastered missing person fliers across the subway system and launched a social media campaign.

Ott's father, Bob Ott, released a statement on the group's Facebook page on Saturday:

"The only thing we know was that foul play was not involved and that he did not jump from the bridge. We look forward to speaking with you, but now the shock is very real with just receiving word late today." **EMILY JOHNSON**



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Speaking out

De Blasio joins rally outside Nigerian consulate

Mayor Bill de Blasio and Rev. Al Sharpton joined activists who marched on the Nigerian consulate Saturday to pressure the country's government to rescue 276



Mayor de Blasio shakes hands. / OFFICE OF THE MAYOR

young girls kidnapped by terrorists last month.

De Blasio was joined by his wife Chirlane McCray and daughter Chiara and said it was important for the girls to know the world was with them.

The militant group Boko Haram has threatened to sell the girls as brides. **EMILY JOHNSON**

Transportation. G train service to be suspended nights this week

More than half of all G train stops will be shut down for four consecutive nights this week.

The service suspension runs Monday night through Friday morning, with no trains between the Bedford-Nostrand Avenues and Church Avenue stops in Brooklyn from 10 p.m. to 5 a.m., according to the Metropolitan Transportation Authority. The shutdown is part of the MTA's FastTrack subway maintenance, cleaning and repair program.

Shuttle buses will run between the Bedford-Nostrand Avenues station and the Jay Street-MetroTech F train station in downtown Brooklyn. The buses will stop at Classon Avenue, Clinton-Washington Avenues, Fulton Street and Hoyt-Schermerhorn Streets.

The MTA suggested using the shuttle buses and taking the F train between Jay Street-MetroTech and Church Avenue. A train



G train riders will experience disruptions at night this week. / METRO ARCHIVE

service is also available between Hoyt-Schermerhorn Streets and Jay Street-MetroTech stations.

But this week's service shutdown isn't the only bad news for G train riders.

Saturday and Sunday, G trains will run every 20 minutes between Court Square in Queens.

G train service will be disrupted again for five weeks this summer. From July 26 to Sept. 1, the G

won't run between Brooklyn and Queens so that the MTA can make structural repairs to the Greenpoint tube.

The G train will still run in Brooklyn during the summer shutdown, with the northernmost stop at Nassau Avenue. Buses along two routes — Manhattan Avenue and McGuinness Boulevard — will shuttle G train riders to and from Queens.

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**Wrangle over ballots****Ukraine security forces driven by mistrust**

The two men crouched in the shade of a tree. The ballot papers they were accused of forging lay on the front of their Russian-made Moskvich car, stopped and searched by Ukrainian soldiers on the outskirts of the port city of

Mariupol, in the country's rebel southeast.

"This is how they did it in Crimea," said warrant officer Timofey Rudyak, who like the other soldiers had been sent 500 miles from the capital, Kiev, to restore order to the country's industrial heartland.

Rudyak, 35, said the several hundred ballots, bound in white paper and almost all ticked "Yes," had



UKRAINE SECURITY FORCES / GETTY IMAGES

been intercepted a little over an hour after voting began in a referendum

on self-rule — a vote dismissed by Ukraine's government and its Western backers as a sham, a repeat of the vote that saw the Crimean peninsula annexed by Russia in March.

Reuters did not witness the initial stop-and-search, nor were reporters allowed by the soldiers to speak to the suspects.

REUTERS

Rebels talk of splitting up Ukraine



People cast ballots at a polling station in Hartsik, Ukraine. / GETTY IMAGES

Self-rule. A separatist leader said the region would form its own state bodies and military after the referendum.

Pro-Moscow rebels pressed ahead with a referendum on self-rule in east Ukraine on Sunday and fighting flared anew in a conflict that could dismember the country and pitch Russia and the West into a new Cold War.

A separatist leader said the vote wouldn't change the region's status, but simply show the East wanted to decide its own fate, whether in Ukraine, on its own or as part of Russia.

A near festive atmosphere at makeshift polling stations in some areas belied the potentially grave implications of the event. In others, clashes broke out between separatists and troops over ballot papers and control of a television tower.

Zhenya Denyesh, a 20-year-old student, was second to vote at a con-

crete three-storey university building in the rebel stronghold of Slaviansk. "I wanted to come as early as I could," he said. "We all want to live in our own country."

Asked what he thought would follow the vote, organized by rebels in a matter of weeks, he said: "It will still be war."

In the southeastern port of Mariupol, a scene of fierce fighting last week, there were only eight polling centers for a population of half a million. Queues grew to hundreds of yards long in bright sunshine, with spirits high as one center overflowed and ballot boxes were brought onto the street.

On the eastern outskirts, a little over an hour after polls opened, soldiers from Kiev seized what they said were falsified ballot papers, marked with "Yes" votes, and detained two men.

They refused to hand the men over to policemen who came to take them away, saying they did not trust them. Instead they waited for state security officers to interview and arrest them. **REUTERS**



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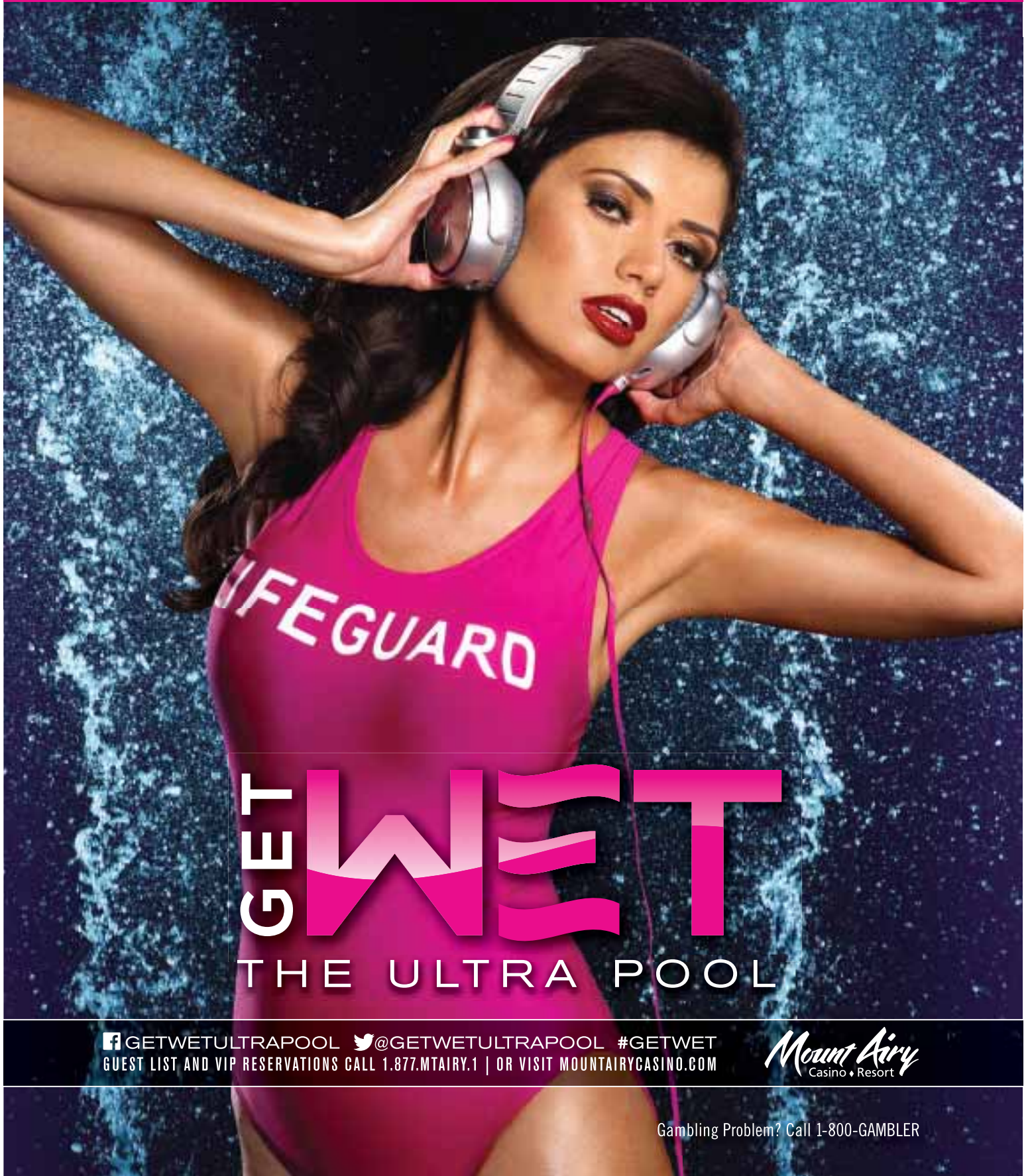
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Quoted

"We're all for the independence of the Donetsk republic. ... It means leaving behind that fascist, pro-American government [in Kiev], which brought no one any good."

Engineer Sergei, 33, voting in the industrial center of Mariupol

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Virginia. Body of third victim found after hot air balloon crash

Search teams in Virginia on Sunday discovered the body of the third person who died when a hot air balloon struck a power line and plummeted to the ground in flames, police said.

About 100 people were on foot combing a heavily wooded area of Caroline County, about 30 miles north of Richmond, when the third body was discovered, according to the Virginia State Police.

"Now that the male pilot and two female passengers have all been located, this concludes the

large-scale search efforts of the operation," Virginia State Police spokeswoman Corinne Geller said in a statement.

Police did not say if the body found on Sunday was the pilot or one of the passengers.

Crews were still looking for the wreckage of the balloon and basket, which became engulfed in flames, killing all three on board when it hit a power line during a hot air balloon festival Friday evening.

Witnesses posted photos and video online showing a balloon in mid-air with its basket on fire and a trail of smoke spilling into the sky.

Two explosions were heard and the gondola separated from the balloon and crashed into the woods, authorities said.

REUTERS

By the numbers

100

The remains were about 100 yards north of where the second body was discovered on Saturday.

Sacramento

Gunman kills man, wounds six at toddlers' party in park

Gunmen killed a man and wounded six people, including a 7-year-old child, when they opened fire on a toddler's birthday party in California, in what police said on Sunday might have been a gang-related shooting.

The police said California gang and homicide detectives were investigating the incident, in which

several men armed with guns approached the gathering in Sacramento's Peregrine Park on Saturday afternoon and opened fire.

The dead man was in his 20s. The wounded are all expected to survive, the police said, adding they suspected a possible gang link. They did not release the names of the victims.

"Our gang detectives were called out so we are going to try to get to the bottom of that," police officer Doug Morse told local media during a briefing at the scene. **REUTERS**

10-year-old ban

Ark. same-sex couples wed after judge ends ban

Several same-sex couples in Arkansas were married at a county courthouse in Eureka Springs on Saturday, a day after a state judge struck down the state's 10-year-old ban on gay and lesbian marriage.

The same-sex marriages were the first in the Southern United States, where every state has laws on the books banning gay marriage, according to Freedom to Marry, an advocacy group.

The first same-sex couple to marry was Kristin Seaton, 27, and Jennifer Rambo, 26, both of Fort Smith, Arkansas, local media reported.

REUTERS

Couples

50

About 50 couples had lined up at the courthouse in Eureka Springs, a town of about 2,500 in the northwest part of the state with a vibrant lesbian, gay and transgender community, on Saturday morning seeking licenses.



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Prior to talks. Iran leader slams West's 'stupid' missile stance



Ayatollah Ali Khamenei
GETTY IMAGES

Iran's supreme leader described Western expectations for his country to curb its missile development as "stupid and idiotic," striking a defiant tone ahead of a fresh round of nuclear talks.

Ayatollah Ali Khamenei called on Iran's Revolutionary Guards to mass-produce missiles and said the nuclear negotiations were not the place to discuss

Tehran's defense program or to solve the problem of sanctions damaging the Iranian economy.

"So this is a stupid, idiotic expectation. ... The Revolutionary Guards should definitely carry out their program and not be satisfied with the present level," he said. "They should mass-produce. This is a main duty of all military officials." **REUTERS**

Quoted

"They expect us to limit our missile program while they constantly threaten Iran with military action."

Khamenei was quoted as telling the IRNA news agency while on a visit to an aeronautics fair held by the Revolutionary Guards

Youth activists

Venezuela frees most students detained in camp raids

Venezuela said on Sunday it had freed most of the 243 youth activists arrested in raids last week on street camps set up to protest against President Nicolas Maduro's socialist government.

Although the government hoped the demolition of four camps in Caracas would snuff out a three-month protest movement, activists vowed the measure had only strengthened their resolve to demonstrate against Maduro.

The students had

been camping for weeks outside U.N. offices on a major highway, and in several other public squares.

Authorities freed 155 with cautions and orders to report to courts periodically, and instructed 15 to undergo medical treatment for drug abuse, the statement added.

Anti-Maduro protests have been raging since February. **REUTERS**

Detainees

11

The Venezuelan public prosecutor's office said in a statement that 11 detainees had been kept behind bars, accused of a range of crimes including possession of arms and drugs.

Sea dispute

Vietnam PM says China acting dangerously

Vietnam's prime minister told southeast Asian leaders on Sunday that China was slandering his country and committing dangerous violations in disputed waters, but the 10-nation ASEAN group refrained from criticizing Beijing in a summit communiqué.

Tensions rose in the resource-rich South China Sea last week after China positioned a giant oil rig in an area also claimed by Vietnam. Each country accused the other of ramming its ships near the disputed Paracel Islands. **REUTERS**

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Assistance. Israel offers to help Nigeria find abducted girls

Israel offered Nigeria help on Sunday in locating 200 schoolgirls abducted last month by Islamist rebel group Boko Haram in an attack that has drawn global condemnation and prompted some Western powers to provide assistance.

"Israel expresses deep shock at the crime against the girls," Prime Minister Benjamin Netanyahu's office quoted him as telling Nigerian President Goodluck Jonathan by phone.

The statement did not elaborate on how Israel might enlist in the search, with which British and U.S. experts are also helping. A spokesman for Israel's Foreign Ministry said

Quoted

"We are ready to help in finding the girls and fighting the cruel terrorism inflicted on you."

Benjamin Netanyahu

he knew of no cooperation efforts under way.

Israel has defense ties with Nigeria and has provided it with surveillance drones in the past. Last September, Israel was among several countries that sent advisers to Kenya to assist in a standoff with Islamist gunmen who attacked a mall in Nairobi.

REUTERS

Luke Skywalker

FDA approves 'Star Wars' robotic arm for amputees

The U.S. Food and Drug Administration has approved a robotic arm for amputees that is named for the "Star Wars" character Luke Skywalker and can perform multiple, simultaneous movements — a huge advance over the metal

hook currently in use.

The FDA said on Friday it allowed the sale of the DEKA Arm System after reviewing data, including a U.S. Department of Veterans Affairs study in which 90 percent of people who used the device were able to perform complex tasks. These included using keys and locks, feeding themselves, using zippers and brushing or combing hair. **REUTERS**

Cheaper buses lure travelers from rails, skies with new frills

Business class.

The popularity is spreading with upscale services offering nonstop intercity travel.

Forget the grimy terminals and uncomfortable buses of the past. Discount U.S. carriers are luring a new generation of riders from young tourists to business travelers with amenities such as free Internet and leather seats.

By offering low prices and picking up passengers curbside in hip neighborhoods, discount bus companies have reversed a long decline in ridership and are gaining ground on trains and planes.

The low-cost niche started with companies offering cut-rate fares between the Chinatown sections of New York and Boston. It took off eight years ago when major carriers such as Megabus, a unit of Britain's Stagecoach Group, began offering online bookings and tickets as low as \$1.



Switching to discount bus travel from planes, trains or private cars saved U.S. consumers an estimated \$1.1 billion last year, the Chaddick study found. / GETTY IMAGES

Departures

1K

The number of curbside departures in the United States has doubled since 2010 to more than 1,000 daily, a Chaddick Institute study found.

"It's really a whole new mode of transportation. There's been nothing quite like it, and it has been made possible by the Internet," said Joseph Schwieterman, director of the Chaddick Institute for Metropolitan Development at Chicago's DePaul University.

Intercity bus ridership overall has been on the rise since 2006, after having declined since 1960, accord-

ing to the National Transportation Safety Board. C&J bus company of Portsmouth, New Hampshire, launched a once-a-

day service to New York three years ago for business travelers. It now runs twice daily, with more than 2,000 passengers a month, owner Jim Jalbert said. Megabus and its rival BoltBus "have created huge new markets, and they've also created a competing mode to passenger rail," he said. "You can move a lot of people in a big manner." **REUTERS**



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Electrical current. To sleep, perchance to control your dreams

Nighttime dreams in which you show up at work naked, encounter an ax-wielding psychopath or experience other tribulations may become a thing of the past thanks to a discovery reported on Sunday.

Applying electrical current to the brain, according to a study published online in *Nature Neuroscience*, induces "lucid dreaming," in which the dreamer is aware that he is dreaming and can



SWEET DREAMS?
GETTY IMAGES

often gain control of the ongoing plot.

The findings are the first to show that inducing brain waves of a specific frequency produces lucid

dreaming.

For the study, scientists led by psychologist Ursula Voss of J.W. Goethe-University in Frankfurt, Germany, built on lab studies in which research volunteers in the rapid-eye movement stage of sleep experienced a lucid dream, according to what they reported when they awoke. Electroencephalograms showed that those dreams were accompanied by telltale electrical activity called gamma waves. **REUTERS**

85 million-year-old gift

Fossils taken from auction donated to new museum

A collection of 85 million-year-old fossils, including a fish as big as a great white shark with a face like a bulldog, has been donated

to a new Kansas museum after an outcry from scientists helped scrap a San Diego museum's plans to sell them at auction.

The San Diego Natural History Museum last November reversed its plans to sell the fossils after critics argued such valuable prehistoric material

should stay in the public domain.

The donation was announced on Sunday by the San Diego museum and the Museum at Prairiefire in Overland Park outside Kansas City, Kansas, a \$28 million institution set to open on Monday. **REUTERS**

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language ensures that you understand it.

4 Speak out loud.

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Don't just write notes in the classroom. / FUSE

Philly principal and teachers accused of cheating conspiracy

Elementary. After a cheating scandal at 19 schools, the investigation yields more charges.

A Philadelphia elementary school principal and four teachers were accused of conspiracy and other charges last week, the first criminal counts filed in a test cheating scandal in city schools, authorities said.

The educators perpetuated “a culture of cheating” on the Pennsylvania System of School Assessment tests for five years, state Attorney General Kathleen Kane said in a statement.



A Philly school principal is under fire. / INGRAM PUBLISHING

They are accused of changing student answers and providing test answers to students, the statement said. Kane said an investigation began in 2011 after authorities noticed suspicious test results — and

when the cheating stopped in 2012, students' scores dropped dramatically.

Earlier this year, 15 staff members at 19 schools were disciplined as part of the investigation, which Kane said is continuing.

The problem of cheating on standardized tests will not be resolved while teachers are under pressure for scores to be high, said Jerry Jordan, head of the Philadelphia Federation of Teachers.

“We must address the current test-and-punish culture that dominates public education and puts many teachers in the position of fearing for their careers and professional reputations,” Jordan said in a statement.

Principal Evelyn Cortez and two teachers were charged with corruption, perjury, tampering, forgery and criminal conspiracy. The two other teachers were charged with tampering, forgery and conspiracy. **REUTERS**

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Reverse dumpster diving



Win-win. Students empty dorms and go green as they move out — and communities benefit from donated goods.

The end of the school year means not only tossing books aside — it typically equates to tossing them out. As college students

empty out their dorms for the summer, heaps of trash — or rather: good, reusable items like mini refrigerators, canned goods, lamps, coffee pots and clothing — get placed into bins.

But not just any old bins; they're recycling containers of another sort. Meet Lisa Boragine, founder of Dump and Run, a nationwide move-out movement launched in 2000 to connect campuses with waste-prevention tech-

niques on local levels.

Boragine explains, "We've become a very disposable society. If you have a broken shoe, you throw it out — but in other countries you find someone to fix it."

When she taught at the University of Richmond, there was a noticeably lax disposal attitude as students scurried to move out to avoid fines. "It's like a reverse-timed spending spree," she notes. "Like an old 'Laverne & Shirley'

Quoted

"As more schools do this, there's more of an awareness. The rising costs of college, the downturn in the economy and people becoming more aware of affluence ... it's a little bit of everything, so people are much more aware and more willing to embark on a strategy."

Lisa Boragine, founder of Dump and Run



Careese Peters, above, organized Give & Go at Suffolk University to prevent useful items from being discarded. / PROVIDED



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episode, they ran around the supermarket putting items in their cart as fast as they could. Here they have to empty it as quickly as possible."

She created infrastructure for students to "empty their cart" through one of two models. Some schools collect and store items and then have a yard sale. "It closes the loop," she says. Yard sales held in the fall are ideal for students heading back to campus.

The other scenario? Schools donate items to local nonprofits "ultimately responsible" for what they do with them. "The benefit is town/gown relations — the community benefits and the school doesn't have to throw out stuff," she says.

At Suffolk University, the Dump & Run program is known as Give & Go. Last year the school contributed more than 6,600 pounds of material to Goodwill and other organizations. Senior Careese Peters mentions that three resident halls on campus have bins for nonperishable food, home goods and clothing. As the program coordinator points out, "Waste diversion is huge!

I work with community shelters, and this is incredibly helpful to them."

The local nonprofit that Suffolk currently works with gives everything to the community for free. She says that underprivileged locals find items "so valuable."

Schools decide what works best with their local organizations. Fordham University collaborates with Project Find, which collects items and sells them at their thrift store.

Leslie Ann Timoney, associate director of campus operations at Lincoln Center, explains that the kitchens in McMahon Hall usually yield a "hodgepodge of silverware and plastic containers." (Through May 28, students can put items into white Goodwill bins outside McMahon.)

Considering that Project Find provides one hot meal every day for neighborhood senior citizens, donated spare silverware and plastic containers "mean a senior can take food back to their apartments."

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That's Dr. Diddy to you

Sean "Diddy" Combs was awarded an honorary doctorate on Saturday from Howard University in Washington, D.C., where he studied business for two years before dropping out in 1990 to pursue music. And we all know where THAT got him (actually, it got him a lot — like, a lot, a lot).

Some of the speech was filled with odd Diddyisms. "I am a unicorn," he told the class of 2014. "You are a unicorn. We are unicorns." Note: Neither Diddy nor anyone in the audience resembled a horse with a horn on its head.

However, he did give this piece of excellent wisdom: "Nobody is going to invite you to the front of the line, you've got to push your way to the front of the line."

No word on if he will undergo another name change, this time to Dr. Diddy.



ELSA/GETTY IMAGES

Jay Z buffers homeless-looking Gyllenhaal, Beyonce

A bearded, scruffy Jake Gyllenhaal dared to sit next to the always-exquisite Jay Z and Beyoncé at Game 3 of the Eastern Conference semifinals between the Brooklyn Nets and the Miami Heat on Saturday in Brooklyn. But the Gyllenhaal beard must have been good luck — the Nets won.

A side-by-side comparison of Kardashian wedding invitations



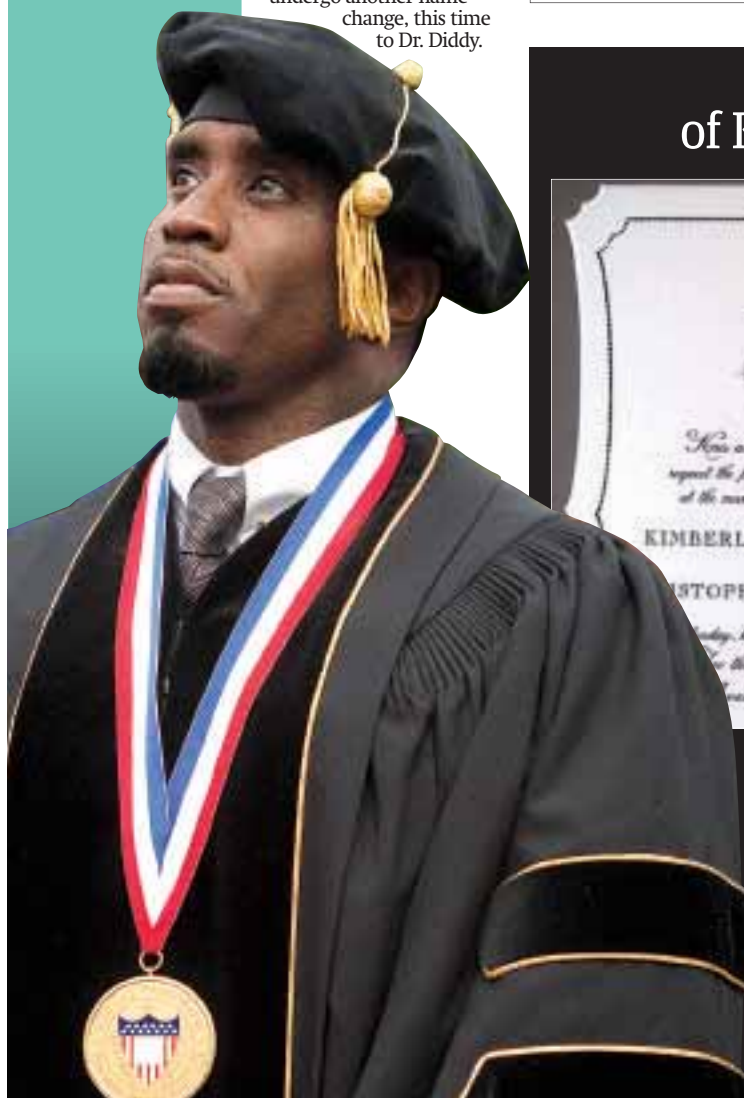
OMG! The Kardashian/West invitations have been sent out! And they've been leaked to the Interwebs so we mere mortals can gaze upon them. We haven't been this excited since 2011 when we saw Kardashian's first wedding invitations (actually, her second, as her very first wedding happened in 2000 at the age of 19;

those invites have been mysteriously scrubbed from the Internet). She is a wedding invitation machine!

The Kardashian/West invites look very demure compared to the black-and-white wedding invitations Kardashian and Kompany sent out in 2011 for the reality TV star's very short union to basketball player Kris

Humphries. They look like what happens when E! foots the bill for your wedding.

But now we're talking Kanye West money, so the circa 2014 Kardashian wedding invites are much more highbrow. They almost look like a fashion show invite, which is apt as that is exactly what their wedding will end up being.



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Repertory. 'Queen Margot' is like no other period piece

Twenty years ago, Patrice Chereau's "Queen Margot" scared up a pretty penny as a French costume drama with Isabelle Adjani at her most inhumanly beautiful. But it was never just another period piece. Viewed today — in its original 162-minute cut — it looks like no frock fest ever made.

Adapted from Alexandre Dumas' historical novel, its centerpiece is the Bartholomew's Day Massacre of 1572, when the Catholic royalty of France laid waste to many of the Huguenots in Paris. In the middle is Adjani's Margot, the king's sister, who falls for a Protestant hottie (Vincent Perez) while many die around her.

When they're not actually banging, the characters ooze a ravenous hunger for flesh, be the temptation sated carnally or with gory violence. It's a film not about pomp or



Isabelle Adjani hangs with Dominique Blanc in 1994's "Queen Margot."
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even grit but about the line that separates both, as well as life and death or sex and passionate murder. **MATT PRIGGE**

Bros before heroes

Box office. In its second week, "Spider-Man" lost to "Neighbors" with shirtless Zac Efron (and Seth Rogen).

Raunchy adult comedy "Neighbors," starring Seth Rogen as a family man who lives next to a frat house, kicked superhero movie "The Amazing Spider-Man 2" off the top spot on U.S. and Canadian box office charts over the weekend.

"Neighbors" earned \$51.1 million in ticket sales to lead all movies from Friday through Sunday, according to estimates from tracking firm Rentrak.

"Spider-Man 2," last weekend's box office winner, took in \$37.2 million to finish second, ahead of comedy "The Other Woman" with \$9.3 million.

The take for "Spider-Man 2" dropped nearly 60



Seth Rogen celebrates winning the box office this weekend with "Neighbors." / GLEN WILSON

Top 5 earners

- 1 'Neighbors,' \$51.1 million
- 2 'The Amazing Spider-Man 2,' \$37.2 million
- 3 'The Other Woman,' \$9.3 million
- 4 'Heaven is for Real,' \$7.0 million
- 5 'Captain America: The Winter Soldier,' \$5.6 million

percent from its opening weekend, bringing its domestic haul to \$148 million. The franchise's previous film in 2012 reached \$262 million, according to Boxofficemojo.

The global total for the sequel stands at just over \$550 million through Sunday.

The faith-based drama "Heaven Is for Real," also

released by Sony, took fourth place with \$7 million for a total just over \$75 million in its fourth week in release.

Disney's "Captain America: The Winter Soldier" rounded out the top five, taking in \$5.9 million.

Another Sony release, new comedy "Mom's Night Out," earned \$4.2 million at North American (U.S.

and Canadian) theaters, only managing the No. 7 spot.

It was followed by new release "Legends of Oz: Dorothy's Return," an animated sequel to "The Wizard of Oz" story, which grossed \$3.7 million at domestic theaters. The film features the voices of Lea Michele, Dan Aykroyd and Kelsey Grammer. **REUTERS**

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Seth Rogen isn't old; he's only 32. But he has more responsibilities than many his age, even if the work he stars in — including last summer's "This Is the End," which he also directed with his longtime friend Evan Goldberg — is generally about youngish men struggling with maturity. In "Neighbors" he plays Mac, who's not only married (to a wife played by Rose Byrne) but also a new dad. Their boring life is upended when a frat, with a ringleader played by Zac Efron, moves in next door.

The writers talk about how this comes from their anxiety about aging. Is that something you share?

I had no specific fears about turning 30. It was more the general compiling of responsibilities, coupled with the lack of time to do the stuff that I used to do more of — and the physical repercussions of trying to do the stuff that I used to do more of.

The hangovers suddenly get brutal when you turn 30.

They're much worse. It



SETH ROGEN

The actor-writer-director doesn't worry much about aging, doesn't prep for roles and doesn't hate frats.

REELING IN THE YEARS

GETTY IMAGES

takes me weeks to recover now.

The frat boys here aren't completely demonized.

I think in earlier versions of the script, the frat was much more [vilified]. But Zac is just such a good dude, and Chris [Mintz-Plassé] and Dave [Franco] and Jerrod [Carmichael] are all such nice, sweet guys that it inherently made them not that bad. It made them more sympathetic, in a great way.

How did you prep to play a dad?

Uh, I did not prep for this role. [Laughs] I do not do preparation for my roles as an actor. [Laughs] I just do it. I couldn't even tell you what Mac does for a living, honestly.

You did a straight-up drama in Sarah Polley's "Take This Waltz." Is that something you see yourself doing more of?

I wasn't sitting around thinking, "I want to do a dramatic movie." But when Sarah Polley asked me to be in her movie, that was very exciting. If it was a comedic one, I would have done it; if it was a dramatic one, I would have done it. I'm not trying to do specifically dramatic work.

Do you have any experience with frats?

I don't know if I've ever been in a real frat house. I didn't go to college, and in Canada they're not that big. After seeing the movie, though, they seem like they're not that bad.

Up early

L.A. weirdos

One scene was shot outside of an Abercrombie & Fitch in Los Angeles. "It was open. People were really shopping at Abercrombie & Fitch," Rogen recalls. "But it was 8 in the morn-

ing. So only really weird people were shopping. Who goes there at 8 a.m.? It's a weird time to think, 'I need cargo shorts.'"



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Roger Sterling speaks

Interview. John Slattery becomes a film director with the neighborhood drama "God's Pocket."

John Slattery has spent much of his career playing authority figures, so it makes sense that he would one day become one. After directing five episodes of "Mad Men" — all while playing silver fox ad god Roger Sterling — Slattery makes his feature film debut with "God's Pocket," an adaptation of Pete Dexter's gritty South Philadelphia comic drama, starring Philip Seymour Hoffman in one of his last roles.

When did you know you wanted to direct?
I don't know when it fully formed as an idea, but I would stand on film sets



John Slattery makes his feature film directorial debut with the comedic drama "God's Pocket." / WIREIMAGE

and have my own opinions and generally keep them to myself. And then I read this book and it seemed like a movie to me.

Directing a movie is very different from a TV show.

We'd done three seasons before I started directing, so the visual style of the show was firmly present. So you're not inventing the wheel. You're just executing a vision — partly yours, mostly Matt

Weiner's.

How was the experience of directing a film?

The part I didn't anticipate was the realization that if you don't get it right now, chances are you won't. With this kind of money, 40 people and 28 locations in 24 days, you don't get a chance to necessarily go back [for reshoots].

"God's Pocket" neither romanticizes nor judges the denizens of the neighborhood.

No one in the place feels sorry for themselves. It isn't the prettiest place on Earth, but it isn't the worst. And it isn't without hope. No one walks around hanging their head, thinking how difficult life is. They just get on with it, with a sense of humor. They're not without irony, these people.



MATT PRIGGE
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RIP

Remembering Hoffman

Philip Seymour Hoffman was offered the journalist, played by Richard Jenkins, first. Why the switch?

He asked to play Mickey. I offered him the part of Richard Shellburne, and he said, "I like the script but I want to play Mickey."

Was there a reason?

He didn't really say why. He said later that he was drawn to the simple humanity of the character. I think they all have humanity, at different levels or different kinds. Maybe it

was something he hadn't played before. He obviously had an emotional connection to the character, which is everything.

He was a producer on this film. What was he like?

He came with ideas, he was inclusive and he put people at ease. He could be intimidating — he's Philip Seymour Hoffman. People would walk in a little nervous at working with him, and he would put them at ease. He was a very smart guy. He knew everything that was happening, knew which takes were better. He was very involved.



Philip Seymour Hoffman and John Turturro talk shop with director John Slattery on the set of "God's Pocket." / PAVAO, IFC FILMS

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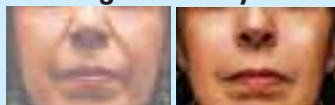
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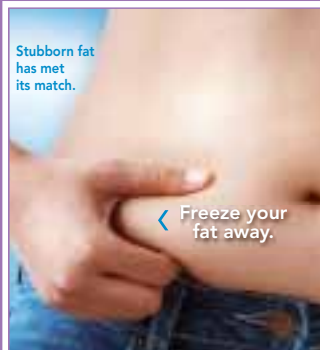
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POLAR MUSIC PRIZE

Documentary. Katie Couric's new film digs into the food industry

If someone claimed that everything we've been told about food and exercise for the last 30 years is dead wrong, and had facts to prove it, you'd pay attention. That's the premise of "Fed Up," a documentary from producers Katie Couric and Laurie David, directed by Stephanie Soechtig, that might change the way you see food and the government's role in its labeling.

"I've always been hyper-aware of food values and what I've fed my family, but going through the process of discovery that was 'Fed Up' was an eye-opener," said David during a screening at the Kimmel Center. "No matter what you think you know, there's always more to be learned."

David has worked on documentaries before: She won an Academy Award as a producer of "An Inconvenient Truth." She's also co-authored culinary tomes, including "The Family



Producer Laurie David takes a hard look at what we eat in "Fed Up." / SUSAN BEARD DESIGN

Cooks: 100+ Recipes to Get Your Family Craving Food That's Simple, Tasty, and Incredibly Good for You," with Couric penning its foreword.

Couric's coverage of the childhood obesity epidemic sparked the idea for "Fed Up." From there, Couric convinced Soechtig

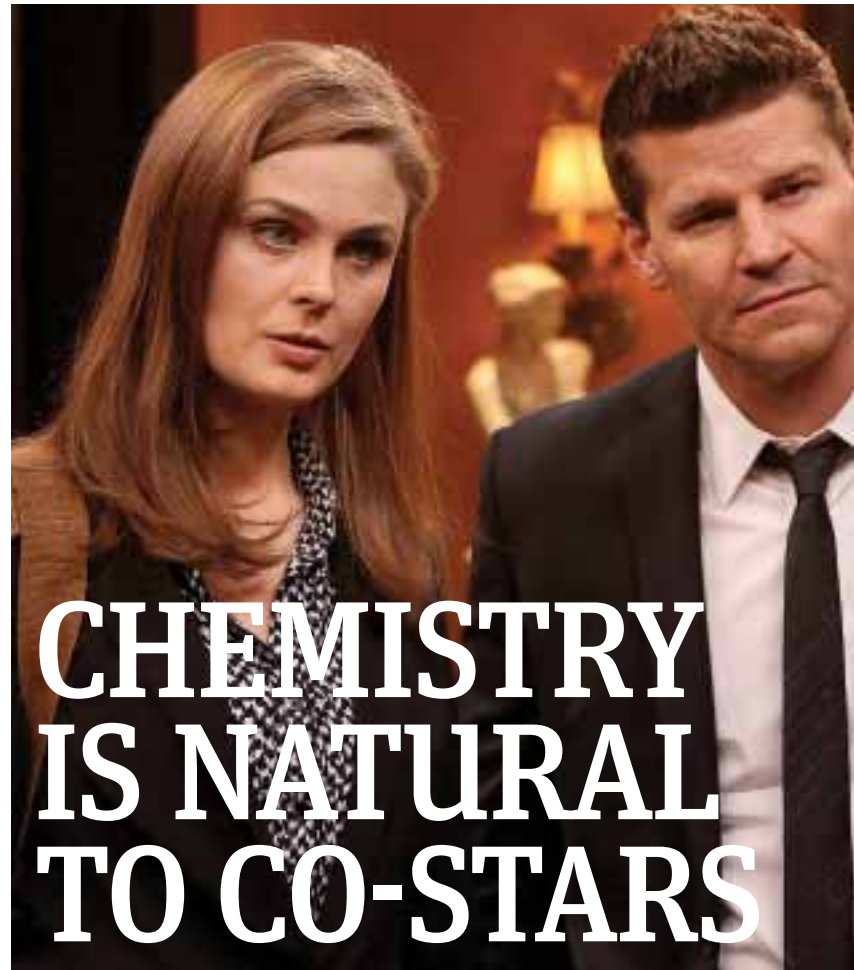
to direct and asked David to co-produce. "I immediately said 'yes,'" said David. "You couldn't help but want to take action."

With "Fed Up," a cross between cigarette industry riposte "The Insider" and documentarian Michael Moore's "Roger & Me," it's hard for viewers not to agree with David.

The information in "Fed Up" is revealed by nutrition experts and politicians like Michael Pollan and Bill Clinton. The film shares heartbreaking stories of overweight kids warring to lose weight through diet and exercise. It's an uphill battle, says the film, considering sugar is as addictive as cocaine and the Department of Agriculture shills for the food industry rather than advocating for the health of this country's youth.

"We're looking to edit 'Fed Up' into a shorter version and make it available to schools," said David.

A.D. AMOROSI



CHEMISTRY IS NATURAL TO CO-STARS

Catch up with David Boreanaz and Emily Deschanel and meet the new "squintern" tonight on "Bones" on Fox at 8. / JEFF LIPSKY, FOX

Interview. The two stars of "Bones" talk season finales, new interns and directing duties.

After nine seasons, it's safe to say that Emily Deschanel and David Boreanaz have a pretty solid working relationship on "Bones." That might be because, as Boreanaz says, "We have

complete trust and respect for each other," calling himself "blessed" to have a co-star "who is so generous and supportive." Deschanel says she loves being directed by Boreanaz, who helmed the season finale.

"He has a whole other career, if he wants it, when this thing's over," Deschanel says. "He's great technically, he's good with the actors, he's decisive, he knows what he wants, he knows what he doesn't

want."

The Boreanaz-directed finale airs May 19, and Deschanel promises, "There's a huge thing that happens at the end of this episode ... that changes everything, with not only Booth and Brennan, between them, but also between everything, Booth's job, possibly Brennan's job — I mean, everything." Expect changes in the team's dynamics, but Boreanaz assures us that, "Things will

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TV watch list

DRAMA

'24: Live Another Day'

Have you checked back in with Jack Bauer and Company yet? He's busy evading capture by another agent during this week's episode.

FOX, 9 P.M.



Has Jack Bauer ever smiled?
DANIEL SMITH/FOX

DOCUMENTARY

'Independent Lens'

See an exploration of the 1985 confrontation between police and the MOVE organization in Philadelphia, in which police dropped an incendiary device on a house, killing 11 people. PBS, 9 P.M.

REALITY

'Antiques Roadshow'

An episode set in Richmond examines a 1982 UNC championship basketball signed by Michael Jordan, as well as a watercolor or two.

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Quoted

"There's a huge thing that happens at the end of this episode ... that changes everything. ... I mean, everything."

Emily Deschanel, on the season finale of "Bones."

change for the good."

Tonight's episode introduces a new intern, played by Laura Spencer ("The Lizzie Bennet Diaries"), who clashes with Bones' style. "[Bones] does not care for the way she guesses about things and makes assumptions," says Deschanel. The new intern is "an intuitive person,"

which isn't the sort of decision-making Bones approves of, but her hunches often turn out to be right. She may also see sparks fly with team psychologist Sweets (John Francis Daley).

LISA WEIDENFELD
@LisaWeidenfeld
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Behind the scenes

Extra credit assignments

For now, neither star will be heading to the writers' room. "I'm pretty good with ideas, but I'd have to really work on that one because I think Emily can attest that my vocabulary's a little limited," Boreanaz laughs. "I get my words out but sometimes they don't make sense."

"I always understand

what you mean, though, David," reassures Deschanel. "As for me, I live with a television writer. I know how hard it is. You have to make up a whole story out of thin air, not to mention all the technical stuff. I would be much more inclined to direct before I would try to write."

YOUR WORK-LIFE BALANCE HAS TO WORK FOR YOU



PLUS

And finally

What are your treats?

What are a few indulgences that sweeten your life, occasionally satisfying your need for instant gratification? Is it watching television, going on vacation or getting a pedicure? If so, how might you treat yourself in moderation?

I feel like ever since I graduated, I have no time for my hobbies anymore. It's always wake up, go to work, come home, eat dinner, go to sleep. I don't even know what I'm interested in anymore, other than watching TV. How can I get more of a work-life balance?

I recently lost 10 pounds by keeping track of everything I put in my body. In addition to logging carbs and fat, I also monitored my exercise and consumption of protein, vitamins, fiber, liquids and sweets. While performing this daily ritual — responsible for many weight loss success stories like mine — I wondered what it would be like to apply similar practices to other aspects of my life. After all, many people subscribe to the tenets of a balanced diet. Why not apply the same principles to how we fill



Make time for protein (friends) and treats (pizza). / WAVEBREAK MEDIA

our time?

Here's how it could work: Imagine that you're on a life balance management program designed to maximize vitality and minimize the choices that weigh you down. Your goal is to achieve a lean, robust, age-appropriate lifestyle that energizes you, satiates your basic needs and also enables you to taste the sweetness the world has to offer. You understand there's no such thing as a one-size-fits-all diet. But, at the same time, you need to fill your proverbial plate with healthy doses of people and activities that nourish you. Ask yourself

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KIM SCHNEIDERMAN, MSW, LCSW

NOVEL-PERSPECTIVE.COM

Kim Schneiderman's book, "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," is due to be published in the spring. Email Kim your questions at askkim@metro.us.



the following, making a list of all your possible responses:

1 What are your proteins? These would be the essential people, activities and experiences that you need to live, like

earning a living, spending time with loved ones, cleaning your house and going to the gym.

2 What are your vitamins? This is what nourishes you and gives you energy. Perhaps it's

dancing, painting, sports, pets or even reading the morning paper?

3 What are your liquids? What helps you flush out the toxins in your life? Is it yoga, running, Tai Chi, meditation or maybe a long head-clearing walk in the park?

4 What's your fiber? This would be the activities that help you feel full or come to terms with the parts of life that are difficult to digest. Perhaps it's prayer, nature, supporting causes or psychotherapy.

When you're done making your list, block out time in your weekly routine for at least three proteins, two vitamins and one of each of the other categories. If you can't fit everything in a single week, try to schedule them within the month.

Remember, just as it's hard to lose weight by simply thinking about eating less, you have a better chance of achieving work-life balance by taking action steps, anticipating obstacles, staying focused and planning ahead. Good luck!

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Health news. Rates of maternal and infant deaths during birth go up in US



Location of study: Worldwide
Results: On a global level, both child and maternal deaths during childbirth are on a sharp decline. However, maternal death rates in the U.S. are increasing at a startling rate. In a recent study, the United States was among eight countries that actually exhibited a spike in maternal deaths. According to a Washington Post report, roughly 18.5 percent of U.S. mothers died for every 100,000 births in 2013.

Significance: The research shows that maternal education and income growth have significantly reduced child deaths worldwide. Researchers say that for each additional year of school that mothers complete, child deaths drop by over 8 percent. Vaccines and other drug innovations also seem to play an important role. But the reasons for the increased maternal death rate in the U.S. are unclear to researchers.

Chili pepper extract provides migraine relief



Maternal death rates are down worldwide, but not in the U.S.
WAVEBREAK MEDIA

Location of study: U.S.
Study subjects: 18 people
Results: Capsaicin, the chili pepper extract that gives the plant its heat, was shown in a recent study to significantly improve migraines. When participants were asked to use Capsaicin intranasally to treat their migraines, nearly three-quarters experienced complete relief. The majority of others reported at least some improvement in pain.
Significance: Capsaicin works by desensitizing the trigeminal nerve, which supplies the blood vessels that become

enlarged and enflamed during a headache. It does not change the natural course of the headache, but blocks the sensation of pain. The only downside of the nasal spray (called Ausanil) reported was stinging in the nose.

Chemo could affect employment

Location of study: U.S.
Study subjects: Over 2,000 women with nonmetastatic breast cancer
Results: Researchers at the

University of Michigan Health System have found an association between chemotherapy and unemployment. Women with early-stage breast cancer who received chemo as part of their initial treatment were less likely to be working after four years. Of the more than 1,000 women who were under the age of 65 and did not experience cancer recurrence, three-quarters were working at the time of diagnosis; 30 percent were no longer working four years later.

Significance: Researchers say that lingering effects from chemotherapy may make it harder for some women to return to work. "Or it may be that in the current economy, it's really hard to keep your job or get it back after you've missed a lot of work," says Dr. Reshma Jaggi, an associate professor at the University of Michigan Health System.

Content provided by ZipTrials.us, a trusted source for health news and clinical trial registration
ZipTrials.us
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Health notes

Juice news

The Squeeze has expanded beyond its Union Square truck to open a brick and mortar store in Bushwick, and Juice Press has opened its manufacturing facility and retail shop in Long Island City.

Member of Planet Fitness?

Jog on the pink treadmill, in-studio through May 14. For every mile logged, the gym will donate \$1 to the Breast Cancer Research Foundation.

Scary stat

Seventy-seven percent of people who binge-watch TV feel tired the next day, found a study conducted by SleepRate.

Now open

Flywheel has spread its wings to Lincoln Center, opening a flagship studio

at 150 Amsterdam Ave.

Free fitness

EmblemHealth and Harlem Yoga Studio are hosting an intro class tonight at 5:45. RSVP at 866-469-0999. It's part of EmblemHealth's Neighborhood Care promo, which offers free gym classes and health seminars for the public. Get the schedule at www.ehnc.com.

Coming this fall

"Gluten-Free Forever," a new high-end mag, just reached its Kickstarter goal. **MEREDITH ENGEL**



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Hip-Opening Sequence

"It's not about doing a pose perfectly, but feeling free of aches and pains. Not feeling that tightness means you're more able to enjoy your day and just feel good," says Ingber. Do this sequence up to three times a week, or daily if you can.

Mandy Ingber's bio

Mandy Ingber is a celebrity fitness and self-love expert and New York Times best-selling author of "Yogalosophy: 28 Days to the Ultimate Mind-Body Makeover." Her clients include Jennifer Aniston, Kate Beckinsale, Brooke Shields and Helen Hunt.



Reclining Pigeon

Get into it: Lie on your back. If your head doesn't rest comfortably on the floor, place a rolled up towel underneath it. Bend your legs and place the soles of your feet on the floor. Cross your right ankle over your left knee. Flex your right foot. Draw the left knee

to your chest and thread your hands, like you're threading a needle, around the left hamstring. Feel the stretch on your outer right hip. Take five to 10 deep breaths; repeat on the other side.

Benefit: Stretches the hips. The restorative nature of this pose will help you to relax.

Hip-hip-hooray:

Don't be so tight (literally). Celebrity yoga expert Mandy Ingber shares a five-step sequence to open up your hips and free your body of tension.

Jealous of the yoga classmates who can seemingly bend in half while you gasp to even grab hold of a big toe? Problem solved: You'll struggle with the most basic of poses until you work on your flexibility as a whole, starting with the hip area.

"Hip openers are essential," says Mandy Ingber, Jennifer Aniston's yoga teacher and a self-love guru. "Being mobile and flexible brings us a certain kind of freedom in that we're generally more relaxed and more receptive as a whole. You need to think of your body as a unit where everything influences everything. It's important to stretch and open the hips in order to counterbalance our daily activities — whether that's sitting at a desk or running up and down the stairs — and feel a free flow of energy through our bodies."

Tight hips may affect your posture

and lower back: "We're not just a bunch of body parts. If your hip flexors are too tight, it will pull you forward and take the natural curve out of your spine. You'll compensate by hunching over and before you know it, your back is going to hurt and you'll have a low-grade pain radiating through your body — which, in turn, can cause irritability and lack of focus," she explains.

The postures on these pages will help stretch these crucial muscles, we promise. After all, our hips don't lie.



ROMINA MCGUINNESS
romina.mcguinness@metro.us



Crescent Pose

Get into it: Stand tall and step your left leg back three to five feet (or as far back as it can comfortably go), keeping the feet hip-width apart for balance. Bend your right (front) leg to a 90-degree angle, with the knee tracking directly over the center of the foot and the back (left) heel lifted off of the floor. Square your hips forward and sweep your arms up overhead with the palms facing each other. Elongate your spine as you gently drop the tailbone down. Soften the rib cage in toward your spine and reach out through your sternum as you find extension. Relax the shoulders down and away from the ears. Feel the two opposing forces of gravity and extension working to hold you in alignment. Hold for eight breaths.

Benefit: Tones and strengthens the legs; stretches the hamstrings and hip flexors.



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Butterfly Pose

Get into it: From a seated position, place the soles of your feet together as your knees fan out to the sides. Hold onto your feet or ankles and grow tall through your spine. Take a deep breath in, and on the exhale draw your chest

forward and down, hold and breathe. After 90 seconds, come up to sitting.

Benefit: Eases back pain. Stretches inner thighs, knees and hips. Relaxes nervous system, reducing stress.

Happy Baby

Get into it: Lie on your back and hug your knees to your chest. Hold on to the outsides of your feet. Open your knees to the side of body, bringing the knees up toward the armpits. Flex your feet to aim the soles up to the ceiling, aligning your ankles and knees so that your shins

are perpendicular to the floor. Release your tailbone toward the floor, almost arching your back. Slightly tuck your chin in so that your spine is elongated. Hold for 6-10 breaths.

Benefit: Stretches the hips, groin and inner thighs.



Squat

Get into it: From a standing forward bend, lower your hips down to a squat. Turn your toes out slightly. Bring your palms together in prayer position at the heart.

You can use your elbows to gently press on the inner thighs and open your knees. If your heels do not come to the floor, try widening your stance, or you can roll up a small towel to place below your heels. Allow the hips to sink down, extend out through the crown of your head and feel the natural traction that occurs while you are in this posture. Hold for 10 breaths or 90 seconds.

Benefit: Stretches the hips and groin; elongates the spine.



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JOBS 34

How to get a job at a startup

Tech. We got five tips from Uncubed founder Tarek Pertew.



ANDREA PARK
@andrepark
andrea.park@metro.us

Take the meeting

No openings? Try anyway

Never skip out on meeting with someone from your dream company just because they haven't posted openings. If you really impress an employer, they may just create a job for you.

"One thing we hear a lot is, 'I really like this person and we're going to see if we can find an opportunity for him or her,'" says Pertew. "It goes back to culture — they met a guy they really loved so they're going to see where they can fit him."



Find a way to stand out by thinking outside the box. / FUSE

Everybody wants to be the next Mark Zuckerberg, and young job-seekers are skipping big-box corporations in lieu of hip, successful startups.

Uncubed, produced by Wakefield Media, aims to streamline that process and make it fun. The company just launched a job search function on its site and holds fun events to connect job-seekers with the startup world's hottest companies, like Mashable, BuzzFeed and Seamless. Don't call it a career fair, though: These casual events feature puppies, dunk tanks and cold beers.

We talked to Wakefield co-founder Tarek Pertew and asked him for his Top 5 tips on landing your dream job at a startup.

Do your homework

Want to make a good first impression? Then do your research so you know how to talk shop. "Make sure you know what they're hiring for and what they're working on so when you approach them, you're fully equipped with that information," says Pertew.

Pertew says there's one question that turns him off pretty quickly as an employer: "What does Wakefield do? That's a red flag," he says. "You should do your homework if you're serious about working at a company."

Advice

Pitch ideas

Don't give unsolicited criticism, but offer up some cool ideas to your favorite companies. "One of my favorite things is when someone gives us a laundry list of ideas they think we can use — it gives you something to talk about during an interview, also," says Pertew.

Listing good ideas helps you express enthusiasm for the company

and also shows potential employers your creative and critical thinking skills. Just be careful how you word things: "The best way is maybe saying, 'You probably already thought of this, but have you ever thought of doing this?'" Pertew says even if the company has already thought of the idea, you're validating it, and if they haven't, you just may impress them with what you have to say.

Think outside the box

It's hard to stand out on a day when employers are meeting masses of job seekers, but turning something into a conversation piece can make all the difference. "It can even be a business card — yours might have something a little different that extends the conversation or engages," says Pertew. "It's the same with a résumé. If you have something different, it's a superficial way of separating yourself from the crowd."

Of course, you'll have to match style with substance. Pertew says the most important thing is to do your research on companies and show that you can fit in with their work culture.

Be patient

Your dream employer may not be in a position to offer you a job now, but they may be able to fit you in somewhere down the line. "Patience is absolutely a virtue," says Pertew. "A number of companies might say, 'You're cool, analytical and bright — we might have a position for you in a year.' Keep networking and keep showing up. Develop a skill set they need."

Pertew says it's never a bad idea to spend a couple of years developing a specialized skill (he gave user experience design as an example) in order to have a more appealing résumé. "It's that sacrifice you make early on that will make a positive impact on the remainder of your life," he says.

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Horoscope

Taurus | April 21-May 21.
You are always ready to lend a hand, and it will win you many friends. An associate will provide the key for an opportunity.

Gemini | May 22-June 20.
You will be admired for your creative talents. You may be in a mood to party, but don't give in to excess. Overindulgence will lead to stress.

Cancer | June 21-July 22.
Problems with your partner may require professional help. If you are not getting the honest feedback you need, get legal advice.

Leo | July 23-Aug. 22.
You can't take things at face value. Someone may be stretching the truth. Don't depend on others.

Virgo | Aug. 23-Sept. 22.
This is not a good time to lend or borrow. Someone may try to take advantage of you. Steer clear of any loan requests, and keep tabs on your possessions.

Libra | Sept. 23-Oct. 22.
Concentrate on personal pleasures rather than group involvements. Take time to pamper yourself. It will help dispel the worry distracting you.

Scorpio | Oct. 23-Nov. 21.
It may be a favorable time to invest. Look into antiques, art or other objects that have the potential to increase in value.

Sagittarius | Nov. 22-Dec. 21.
Don't be deceived by a fast talker. Your trusting nature could cost you. If something seems too good to be true, stay away.

Capricorn | Dec. 22-Jan. 20.
You will get ahead if you overcome your shyness. Others cannot help you until they know what you have to offer. Promote your assets and potential.

Aquarius | Jan. 21-Feb. 18.
It's important to clear up unfinished business. Prepare for obstacles that may stand between you and your goals.

Pisces | Feb. 19-March 20.
Your partner may be trying to keep something from you. If you are getting conflicting information, keep the conversation going.

Aries | March 21-April 20.
Don't be deterred by cynics. Be committed to your choices, and you will be able to forge ahead and get what you want in the end. **BERNICE BEDE OSOL**

Letters

Discourage indecency

RE: 'Cyrus is back, y'all' (Metro, May 8) I cannot understand why Metro would lower its standards and values by publishing a picture of Miley Cyrus grabbing herself. The picture is an affront to me and it should be an embarrassment to all. How can you really justify publishing that kind of trash? I am grateful that I do not have any young kids that would be badly influenced by Cyrus' raunchy, disgusting behavior.

This is just a bad example of what we should be teaching our children to avoid. We need to teach our children to have respect for themselves and not expose them to this. **MILDRED MENDEZ, VIA EMAIL**

The lines speak for themselves

Re: 'Cool the debate on global warming' (Metro, May 8) The claim by letter writer Vlado Haluska that global warming could be natural is without merit. Virtually all scientists agree that warming is real, and most believe it is man-made. Natural cycles in the past occurred over geological times of thousands of years. Our warming was not detected 50 years ago, and has been rapid since then. The only event to cause it has been human activity. **HARRY THORN, VIA EMAIL**

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

					3	8		
1					7		3	4
	9			1		2	6	
4	3	5						
9			1		5			3
						4	5	9
	2	7		9			4	
6	1		8					7
		8	3					

7				4	9			5
	4				3			
		6		5			8	4
2		5				8		3
			3		7			
3		4				9		2
8	1			3		5		
			2				6	
6			5	1				8

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Crossword

Across

- 1 News article
- 5 Trend
- 8 SST speed ind.
- 12 Debussy opus (2 wds.)
- 14 Anka's "Eso —"
- 15 1960s hair style
- 16 "Soapdish" actor
- 17 Roast pig repast
- 18 Midnight opposite
- 19 Canceled
- 21 Past
- 23 Parisian water
- 24 See — — glance
- 25 Herbal infusion
- 26 Serapes, e.g.
- 30 Mask feature
- 32 Bucks and toms
- 33 Daniel Boone's hat
- 36 Europe-Asia range
- 37 Shoulder motion
- 38 NYC theater award
- 40 Herbicide target
- 42 Train tracks
- 43 Brakes
- 44 Throbs or beats
- 45 Not hungry
- 48 Daughter of Hyperion
- 49 Last letter
- 50 Shrewdness
- 52 Tells secretly
- 57 E. — bacteria
- 58 Cyrus' realm, today

- 60 Meter reading
- 61 Plumbing bends
- 62 Number of Muses
- 63 Pretend (2 wds.)
- 64 Part of SAT
- 65 Figured out
- 66 Toward sunrise

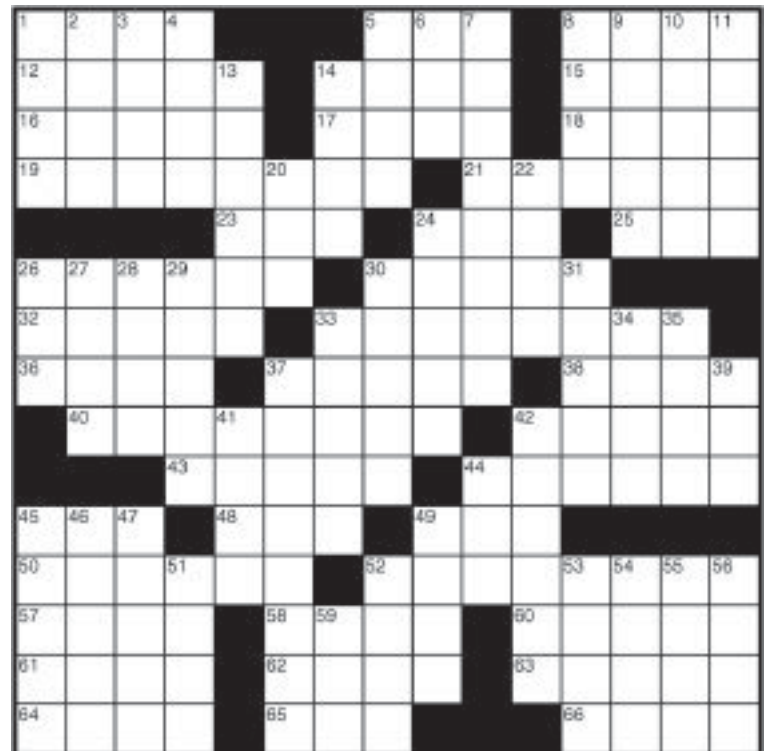
Down

- 1 Kinds
- 2 Soft mineral
- 3 Bahrain VIP
- 4 Diner's options
- 5 Vendetta
- 6 Clean — — whistle
- 7 Skeptical
- 8 Quite a few
- 9 Going on
- 10 Fairy-tale hag
- 11 Accord maker
- 13 Defies authority
- 14 Gourmet cheese
- 20 — — relief
- 22 Absorbs, as costs
- 24 Not in a whisper
- 26 Dallas campus
- 27 Injure
- 28 Jai —
- 29 Petroleum mines
- 30 Blisters
- 31 "Cheers!"
- 33 Munches on

- 34 Hieroglyphics bird
- 35 Egyptian river
- 37 Welcoming Elvis
- 39 Hairpin curve
- 41 Kandinsky contemporary
- 42 Really sorry
- 44 Corral
- 45 Gem surface
- 46 Quebec school
- 47 Takes the edge off
- 49 District
- 51 Thin fog
- 52 Bevel
- 53 Palm reader's opener (2 wds.)
- 54 Computer fodder
- 55 Id companions
- 56 Faxed, maybe
- 59 Carioca's home

Weekend's answer

GIPS	BOILS	BLEED
ARIA	RADII	CLOVE
MORTIFIED	LADEN	
EMIRS	DEFACING	
ROSETTA	DIRK	
YOWLS	NECTAR	
VIS	LOONS	TORSO
SYNE	HACK	WITT
OLIVE	APRES	MIS
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3

SPORTS

Across the pond

Man City takes Premier League

The traditionally downtrodden Manchester City continued its run of recent success with a second English Premier League title in three years on Sunday. City clinched this year's title with an easy 2-0 win over West Ham United.



Watch online



Find video and recap of last night's Rangers-Penguins Game 6 at: Metro.us/sports.

Rangers force Game 7 behind St. Louis effort

NHL playoffs. The Rangers were led by an emotional Martin St. Louis in a 3-1 victory in Game 6 on Sunday.

They'll do it one more time.

The Rangers will play at least once more this season after beating the Penguins 3-1 in Game 6 of the Metropolitan Division finals Sunday night at the Garden.

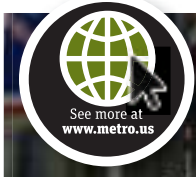
Martin St. Louis, Carl Hagelin and Derick Brassard scored for the Rangers.

Game 7 is set for Tuesday night in Pittsburgh.

The Rangers went into the first intermission with a 2-1 lead, built in the first 6:25. St. Louis opened the scoring at 3:34 by stuffing a Derek Stepan rebound past goaltender Marc-Andre Fleury, and Hagelin pushed the advantage to 2-0 nearly three minutes later when his backhand fluttered through the Penguins goal.

The Rangers were in control with a 2-0 lead and the Garden was in full throat. But by the end of the period, a Penguins surge saw the visitors outshoot the Rangers 13-7 and outscore them 1-0 after Hagelin's goal.

Pittsburgh's goal was a fluky, harmless-looking



Martin St. Louis, center, celebrates on the ice with his team after the win. He had an early goal with his father and sister in attendance on Mother's Day. / GETTY IMAGES

By the numbers

0/10

After some success on the power play in Game 5, the Rangers were back to 0-for-6 with the man advantage in Game 6. But the Penguins were also bad, going 0-for-4 on the power play.

shot off Brandon Sutter's stick that ricocheted off John Moore and Kevin Klein before finding its way past Henrik Lundqvist.

The Sutter goal was all Lundqvist allowed in a 36-save effort.

The teams spent much of the second period trading chances, but it was the Rangers who regained a

two-goal advantage when Brassard's fourth of the playoffs made it 3-1.

Animosity boiled over in the final two periods, with wrestling and shoving matches after every whistle and the final horn.

DENIS GORMAN
@DenisGorman
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What went right ...

1 Pure emotion

It was something out of a storybook. Three days after his mother died suddenly from a heart attack, Martin St. Louis scored the game-opening goal amid chants of "Mart-in, Mart-in!" on Mother's Day. "I've been here a short time, but [my teammates] have been unbelievable," St. Louis told NBC on ice after the win. "Everything's possible, when you believe it."

2 All hail

Henrik Lundqvist was brilliant, even if he'll be overshadowed by the emotion from St. Louis. The franchise goaltender made 36 saves, none bigger than the 13 he made in the first period after the Rangers scored the game's first two goals. He also withstood a 6-on-5 effort late in the game.

3 Shut down Sid

Once again, there was a strong defensive effort against Sidney Crosby. The best player in the world was held without a point. Crosby was a minus-1 and had just one shot on goal in Game 6. He did nothing in Game 5 either — just three shots and no points — after a goal and two assists combined between Games 3 and 4.

DENIS GORMAN

No bigger than this

Pierce trying to instill 'belief' in Nets ahead of huge Game 4

If the Nets are going to knock off the two-time defending champion Miami Heat, they likely can't fall behind 1-3 in the series.

Veteran forward Paul Pierce believes getting an all-important Game 4 win on Monday (8 p.m., TNT) will come down to belief as much as skill.

"A lot of series are won on fear factor, or

the nonbelief. When you have that nonbelief, then you have no chance," Pierce said after practice on Sunday. "What I try to do in this locker room and with my teammates is just try to give them belief — that we can beat this team. They're not unbeatable. You've got to have that mental [approach] if you're trying to get over that mountain that you're trying to climb."

The Nets looked like a team that believed in Game 3 after two duds in Miami to open the series.



Pierce had just 14 points in Game 3, but did shoot 2-of-3 from 3-point range. / GETTY IMAGES

The team shot 15-of-25 from behind the arc and led by as much as 20 in the fourth quarter before cruising to a 104-90 win.

Teams leading 3-1, and with home-court advantage like the Heat, are 143-2 (98.6 percent) in playoff series all time. LeBron James was clearly confident in his team's ability to take a 3-1 lead.

"I feel real good about our team, why wouldn't I?" James said at practice Sunday. "I'm on the team." MARK OSBORNE

MLB. Mets rally to beat Phillies, Yanks lose despite late comeback

The Mets rallied from three runs down to beat the rival Philadelphia Phillies 5-4 in 11 innings and stave off a series sweep.

Cole Hamels allowed just one run and struck out 10 in seven innings, but the Phillies bullpen couldn't make the lead stand up.

Leading 4-1 entering the bottom of the ninth, Phillies relievers Antonio Bastardo and Roberto Hernandez allowed three runs, including a two-run homer by Daniel Murphy. Chris Young scored



Juan Lagares gives Ruben Tejada a faceful of pie.

GETTY IMAGES

the game-winning run in the bottom of the 11th on a single by the much-maligned Ruben Tejada off losing pitcher Jeff Manship.

Brewers 6, Yankees 5

The Yankees rallied themselves, with a game-tying home run in the top of the ninth by Mark Teixeira.

But the good tidings didn't last long as Rickie Weeks scored on a single by Mark Reynolds off Adam Warren in the bottom of the inning. **METRO**

CC ya in a couple weeks

Sabathia put on DL with knee injury

CC Sabathia's struggles have been one of the biggest concerns of the season for the Yankees.

Now they may at least have an answer for why he's been so bad.

The Yankees placed Sabathia on the 15-day disabled list Sunday after an MRI showed inflammation in his right knee. There was no ligament damage though, so the team is hopeful Sabathia will only need to miss a



CC SABATHIA
GETTY IMAGES

few weeks.

"He said a few previous starts, he would feel it on one pitch, but it was something that he's dealt with for a while, so he didn't have a need to say anything to us," manager Joe Girardi said. "Yesterday it got bad and it swelled

up after the game."

Sabathia actually had one of his better recent outings of the season on Saturday against Milwaukee. He allowed four runs, but only one earned, in 5 1/3 innings. He allowed five earned runs and 10 hits in 3 2/3 innings against Tampa Bay on May 4.

Sabathia is 3-4 with a 5.28 ERA on the season.

With David Phelps and Vidal Nuno already in the rotation replacing Michael Pineda and Ivan Nova, Alfredo Aceves will likely step into Sabathia's vacant spot. **METRO**

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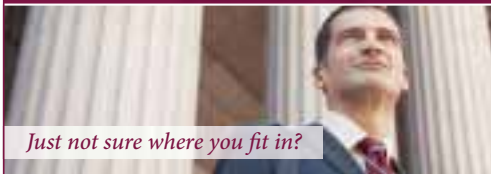
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As part of our salute to all the things that make us proud to live in the land of the free and the home of the brave, Macy's is hosting a kick-off party and you're invited to join us for all the in-store excitement! For complete event details, visit macys.com/americanicons



MAY 14 MACY'S HERALD SQUARE THURSDAY STOREWIDE

MAIN STAGE ON 4, 5:30PM Legendary hip-hop DJ **Funk Flex** will be spinning American classics as we kick off an exciting evening of Americana, featuring celebrity appearances, musical performances, fashion, food and fun!



MAIN STAGE ON 4, 6PM Catch a special performance by cast members from the new Broadway musical **ROCKY**, nominated for four 2014 TONY Awards®, and with any purchase of \$150 or more made during the event, receive a voucher* redeemable for a pair of tickets to see the show.

MEN'S ON 2, 6PM Join us and **DETAILS Magazine** as we launch our semi-annual Men's Style event. Don't forget to enter our modeling casting call! For information, visit macys.com/events

IMPULSE ON 3, 6PM Discover everything you need to put together a timeless, all-American ensemble at our fashion presentation. Plus, enjoy bites from our Macy's Culinary Council Chefs, complimentary mini-manicures and classic hits from our DJ.



I-N-C ON 3, 6PM Come meet Macy's new I-N-C Brand Ambassador **Jana Kramer** and have your photo taken with her*!



LOWER LEVEL, 6:30PM Learn from Macy's Culinary Council chefs **Nancy Silverton** and **Takashi Yagihashi** as they whip up some classic American dishes! Sample the tasty results, plus, with your \$35 or more* purchase in the Home department, receive a \$10 Macy's gift card and your choice of either chef's cookbook, *The Mozza Cookbook* or *Takashi's Noodles*, which the chef will sign for you! Visit macys.com/culinarycouncil for more info.

MAIN STAGE ON 4, 6:30PM Check out Lincoln Center's Midsummer Night Swing's featured group, **James Langton's New York Swing Stars**, and enter for the chance to win** a pair of tickets to Lincoln Center's Midsummer Night Swing.



MAIN STAGE ON 4, 7PM Country star, actor and proud supporter of **Got Your 6**, **Trace Adkins**, will perform a tribute to American veterans.

Celebrate our country's most iconic works of art at **American Legends**, now through June 29th at **The Whitney Museum**, and for a limited time view select pieces at Macy's Herald Square. Visit whitney.org and present this ad at the Whitney for \$2 off regular-priced admission.



Macy's
Great American
4th of July
SWEEPSTAKES

Visit macys.com/popquiz to enter the Macy's Great American 4th of July Sweepstakes or play the Macy's Great American Pop Quiz for a chance to **win a trip for four to the 2015 Macy's 4th of July Fireworks**, including transportation to New York City, hotel accommodations for three days/two nights, tickets to the Fireworks and a \$1,000 Macy's shopping spree!

WHAT DO YOU LOVE ABOUT AMERICA? Take a pic and tag it **#AMERICANICONS**



Events subject to change or cancellation. NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. LEGAL RESIDENTS OF THE 50 UNITED STATES (D.C.) 16 YEARS AND OLDER. VOID WHERE PROHIBITED. Promotion ends 6/15/14. For Official Rules, alternate method of entry, prize descriptions and odds disclosure, visit macys.com/popquiz. Sponsor: Macy's Corporate Services, Inc., 151 West 34th Street, New York, NY 10001. *Vouchers are for a predetermined range of dates between May and September, 2014. Vouchers are non-refundable if lost or stolen, non-exchangeable and have no cash value. **No purchase necessary. †One per customer, while supplies last and time permits. Macy's gift card valid May 14-21, 2014. Purchase must be made May 14 at Macy's Herald Square. Chefs will sign books during the event. #As time permits.

Midsummer
Night Swing
DETAILS

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